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# Biotin

## Supports healthy skin, hair and nails

Biotin offers a high concentration of biotin, a B vitamin that promotes fingernail strength and supports skin, hair, and nerve health, as well as healthy blood sugar metabolism.

Biotin provides a high amount of biotin (also sometimes called vitamin B7) per capsule. Biotin's benefit for fingernail strength was demonstrated in a clinical trial, where 45 patients with brittle nails received oral supplementation of 2.5mg biotin for 1.5-7 months. Ninety-one percent showed "definite improvement," exhibiting firmer, harder fingernails after an average of two months of supplementation. Biotin also supports healthy skin, hair, and nerve function. Biotin in a higher amount, like in Thorne's Biotin, promotes glucose metabolism by stimulating glucose-induced insulin secretion in pancreatic beta cells and by accelerating glucose metabolism in the liver. Similarly, biotin can enhance muscle insulin sensitivity by increasing the uptake of glucose by muscle cells.



### Suggested Use

1 capsule 1–2 times daily.

### Allergy Warning

This product is contraindicated in an individual with a history of hypersensitivity to any of its ingredients.

### Pregnancy Warning

If pregnant, consult your health professional before using this product.

### Interactions

Biotin supplementation can interfere with certain lab tests.

### SUPPLEMENT FACTS

Serving Size: One Capsule

One Capsule Contains:		%DV
Biotin	8 mg	26,667%
Daily Value (DV)		

Other Ingredients: Microcrystalline Cellulose, Hypromellose (derived from cellulose) capsule, Calcium Laurate, Silicon Dioxide.

‡This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

**WARNING:** Biotin supplementation can interfere with certain lab tests. Consult your health-care practitioner prior to having your blood drawn.

# THORNE

